

# **MARINE CORPS COMMUNITY SERVICES, CAMP LEJEUNE**

## **UPCOMING EVENTS**

### **SUMMER CAMPS & ACTIVITIES REGISTRATIONS & INFORMATION:**

#### **SUMMER KAYAK TOURS – FREE!**

Enjoy kayaking with family and friends. Space is limited to the first 11 authorized patrons 12 years and up.

**CAMP JOHNSON** Every Tue, Jun-Sep, 1700-1800 (Meet behind BOQ)

**BREWSTER RECREATION AREA** Every Wed, Jun-Sep, 1130-1230 Tour of the Northeast Creek

**ONSLOW BEACH** Intracoastal Waterway Every Thu, Jun-Sep, 1300-1400, (Meet in the back of the RV Park)

Register at Bldg. 1108, Outdoor Recreation Office, Second Floor or call us to make your reservation.  
POC: 451-1440 or [mccslejeune.com/outdoor](http://mccslejeune.com/outdoor)

#### **SUMMER GROUP SWIM LESSONS @ TARAWA TERRACE OUTDOOR POOL**

##### **15-19 Jun**

0900-0955 Level 1, 2, 3, 4, & 5

1000-1055 Level 1, 2, 3, 4, & 5

1100-1125 Preschool

1130-**1155** Water Babies

Registration: Register 1100-1800 at Tarawa Terrace Outdoor Pool **6-12 Jun**.

WATERBABIES \$25 (6-36 Months)

PRESCHOOL \$25 (3-5 Years)

LEVEL 1-5 \$30 (6 yrs. and up)

Please provide proof of age at time of registration.

Open to all authorized Patrons.

POC: For more details call 450-1610 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

#### **SUMMER GROUP SWIM LESSONS @ PARADISE POINT OUTDOOR POOL**

##### **15-19 Jun**

0900-0955 Level 1, 2, 3, 4, & 5

1000-1055 Level 1, 2, 3, 4, & 5

1100-1125 Preschool

1130-1155 Water Babies

Registration: Register 1100-1800 at Tarawa Terrace Outdoor Pool **9-10 Jun**.

WATERBABIES \$25 (6-36 Months)

PRESCHOOL \$25 (3-5 Years)

LEVEL 1-5 \$30 (6 yrs. and up)

Please provide proof of age at time of registration.

Open to all authorized Patrons of Paradise Point Officers' Club.

POC: For more details call 451-1316 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

#### **Bob Ross Joy of Painting Summer Camp – REGISTER NOW!**

##### **TARAWA TERRACE COMMUNITY CENTER**

**First Camp:** 15, 16, 18 Jun, 0900-1100 and 19 Jun, 0900-1300

**Second Camp:** 13, 14, 16 Jul, 0900-1100 and Fri, 17 Jul, 0900-1300

**Third Camp:** 10, 11, 13 Aug v 0900-1100 and 14 Aug, 0900-1300

(On Fridays, please bring a brown bag lunch)

\$100 fee per camp includes supplies (No refunds). Class space limited.

Objectives: Work on techniques to paint sky, trees, and mountain with water. Student will take home a 9x12 finished canvas and a 16x20 finished canvas.

Open to all authorized patrons ages 10-14

POC: 450-1687/ <http://www.mccslejeune.com/community>

### **Community Centers Summer Dance Camps – REGISTER NOW!**

#### **TARAWA TERRACE COMMUNITY CENTER**

Stuart Dance Academy 2 weeks Camp (Mon-Fri)

15-19 Jun, \$150 or \$75 per week. Register by **12 Jun**

POC: 450-1687/ <http://www.mccslejeune.com/community>

#### **MIDWAY PARK COMMUNITY CENTER**

Movin' to the Beat! Summer Dance Camp

Ballet! Tap! Jazz!

13-17 Jul, 1230-1430 (ages 3-5 yrs)

20-24 Jul, 1230-1430 (ages 5-8 yrs)

27-31 Jul, 1230-1430 (ages 8-12 yrs)

Register by **6 Jul**, \$50 per Child

Space is limited. Open to all authorized patrons.

POC: 451-1807/ <http://www.mccslejeune.com/community>

### **Splash Camps – REGISTER NOW!**

#### **TARAWA TERRACE OUTDOOR POOL**

22-26 Jun, Mon-Fri, 0800-1200

Register by **20 Jun**, 1100-1700

20-24 Jul, Mon-Fri, 0800-1200

Register by **18 Jul**, 1100-1700

POC: 451-2024/ <http://www.mccslejeune.com/pools>

### **Youth Sports Summer Camps 2009 – REGISTER NOW!**

Register at the Youth Sports Office (across from the Berkeley Manor 7-Day Store on Stone Street), Mon-Fri, 0900-1630.

**Basketball Camp**, 22-26 Jun

Registration Deadline: **19 Jun by 1630**

**Volleyball Camp**, 22-26 Jun

Registration Deadline: **19 Jun by 1630**

**Football Camp**, 6-10 Jul

Registration Deadline: **2 Jul by 1630**

**Cheerleading Camp**, 6-10 Jul

Registration Deadline: **2 Jul by 1630**

**Soccer Camp**, 13-17 Jul

Registration Deadline: **10 Jul by**

**Cheerleading Basic Stunting Camp**, 20-24 Jul

Registration Deadline: **17 Jul by 1630**

**Sports Skills Camp**, 27-31 Jul

Registration Deadline: **24 Jul by 1630**

Each camp teaches the basic fundamental skills for the specific sport.

POC: 451-2177/2159 or [mccslejeune.com/youthsports](http://mccslejeune.com/youthsports)

Children must be 5-15 as of 13 Jun. Proof of age is required upon registration

Open to families of Active Duty & Retired Military Members & authorized MCCS employees.

POC: 451-2177 / 2159 or <http://www.mccslejeune.com/youthsports>

### **SUMMER GROUP SWIM LESSONS @ TARAWA TERRACE OUTDOOR POOL**

#### **13-17 Jul**

0900-0955 Level 1, 2, 3, 4, & 5

1000-1055 Level 1, 2, 3, 4, & 5

1100-1125 Preschool

1130-1125 Water Babies

Registration: Register 1100-1800 at Tarawa Terrace Outdoor Pool **4-10 Jul.**

WATERBABIES \$25 (6-36 Months)

PRESCHOOL \$25 (3-5 Years)

LEVEL 1-5 \$30 (6 yrs. and up)

Please provide proof of age at time of registration.

Open to all authorized Patrons.

POC: For more details call 450-1610 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **SUMMER GROUP SWIM LESSONS @ PARADISE POINT OUTDOOR POOL**

#### **13-17 Jul**

0900-0955 Level 1, 2, 3, 4, & 5

1000-1055 Level 1, 2, 3, 4, & 5

1100-1125 Preschool

1130-1155 Water Babies

Registration: Register 1100-1800 at Tarawa Terrace Outdoor Pool **7-8 Jul.**

WATERBABIES \$25 (6-36 Months)

PRESCHOOL \$25 (3-5 Years)

LEVEL 1-5 \$30 (6 yrs. and up)

Please provide proof of age at time of registration.

Open to all authorized Patrons of Paradise Point Officers' Club.

POC: For more details call 451-1316 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **SUMMER GROUP SWIM LESSONS @ TARAWA TERRACE OUTDOOR POOL**

#### **17-21 Aug**

0900-0955 Level 1, 2, 3, 4, & 5

1000-1055 Level 1, 2, 3, 4, & 5

1100-1125 Preschool

1130-1125 Water Babies

Registration: Register 1100-1800 at Tarawa Terrace Outdoor Pool **8-14 Aug.**

WATERBABIES \$25 (6-36 Months)

PRESCHOOL \$25 (3-5 Years)

LEVEL 1-5 \$30 (6 yrs. and up)

Please provide proof of age at time of registration.

Open to all authorized Patrons.

POC: For more details call 450-1610 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

## **SUMMER GROUP SWIM LESSONS @ PARADISE POINT OUTDOOR POOL**

### **17-21 Aug**

0900-0955 Level 1, 2, 3, 4, & 5

1000-1055 Level 1, 2, 3, 4, & 5

1100-1125 Preschool

1130-1155 Water Babies

Registration: Register 1100-1800 at Tarawa Terrace Outdoor Pool 11-12 Aug.

WATERBABIES \$25 (6-36 Months)

PRESCHOOL \$25 (3-5 Years)

LEVEL 1-5 \$30 (6 yrs. and up)

Please provide proof of age at time of registration.

Open to all authorized Patrons of Paradise Point Officers' Club.

POC: For more details call 451-1316 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

## **MEDITATION BY THE SEA – Escape to the beach and renew your body and mind... The warm sand and gentle breeze awaits...**

Meditation by the Sea blends yoga, Pilates, and meditation into an hour of bliss!

Every Tue, Thu, and Sat from 30 May-29 Aug. Participants should meet at 0800 at the Officers' Pavilion, Onslow Beach. Free to authorized patrons with valid ID card.

POC: 451-0826 or go to [mccslejeune.com/groupeexercise](http://mccslejeune.com/groupeexercise)

## **POOL INSTRUCTIONAL CLASSES**

### **Individual Swim Lessons**

Area 2 Pool

8-12 Jun, Mon-Fri, 1800-2000

Registration: 30 May- 5 Jun, 1100-1800, Tarawa Terrace Outdoor Pool

\$50 (Each additional student \$25)

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

## **2009 GRAND PRIX THE ULTIMATE FITNESS CHALLENGE**

Regardless of your athletic background or your competitive desires, the Marine Corps Grand Prix Series offers an event for you. Begin planning your race strategy now, as you accept our challenge to gain "ultimate athlete status!"

30 May Cherry Point Sprint Tri, Cherry Point

11 Jul 8K Mud Challenge, Camp Devil Dog

19 Sep Cherry Point Duathlon, Cherry Point, NC

26 Sep Marine Corps Half Marathon, Camp Devil Dog

10 Oct Beirut memorial 10K, Camp Johnson

17 Oct Neuse river 5K/10K, New Bern

14 Nov Great Mullet Run, Swansboro

23 Nov Hampstead Turkey Trot

December Awards Ceremony

Register online at [active.com](http://active.com)

POC: Grand Prix Series Coordinator, Mike Marion (910) 451-0092, FAX (910) 451-5841, or E-mail: [marionmj@usmc-mccs.org](mailto:marionmj@usmc-mccs.org). For hotel/motel accommodations contact: Onslow County Tourism (910) 455-1113 or 1-800-932-2144

## **Tarawa Terrace Pool Snack Bar Opens Memorial Day Weekend**

Check out our tasty sandwiches and snacks.

Open Wed-Sun, 1200-1800

POC: 451-9601 or go to [mccslejeune.com](http://mccslejeune.com)

## **JUNE 2009**

### **CUSTOMER APPRECIATION DAYS**

Every Thursday – Paradise Point Golf Course

\$23 includes 18-hole greens fee and cart.

POC: 451-5445 or [mccslejeune.com/golf](http://mccslejeune.com/golf)

### **MEDITATION BY THE SEA – Escape to the beach and renew your body and mind... The warm sand and gentle breeze awaits...**

Meditation by the Sea blends yoga, Pilates, and meditation into an hour of bliss!

Every Tue, Thu, and Sat from NOW through 29 Aug. Participants should meet at 0800 at the Officers' Pavilion, Onslow Beach. Free to authorized patrons with valid ID card.

POC: 451-0826 or go to [mccslejeune.com/groupeexercise](http://mccslejeune.com/groupeexercise)

### **Paradise Point Golf Course Special Purchase**

**Now through 30 Jun**

*Purchase a set of X Series irons (8 piece set) and receive a FREE X-forged wedge at time of purchase (cannot order "exotic" ones).*

Look for other Great savings throughout the Pro Shop. Father's Day is 21 Jun.

Visit [www.mccslejeune.com/golf](http://www.mccslejeune.com/golf) for more golf information.

POC: 451-5445

### **THE #1 INSPIRATIONAL MOVIE OF THE YEAR "FIREPROOF" – FREE!**

Mon, 1 Jun & 8 Jun • Doors open at 1800

Midway Park Theater

POC: Chaplain Carpenter 451-3210

### **Furniture on Sale Now at Your Marine Corps Exchange**

**3-14 Jun**

Great selections and great prices for any lifestyle! Choose living room, bedroom, dining room furniture and more

POC: 451- 5030.

### **CLIMB PILOT MOUNTAIN – ENJOY A FULL DAY OF ROCK CLIMBING! RESERVE YOUR SPOT NOW!**

Sat, 20 Jun • 0900-2000

Meet at Bldg. 1108 (upstairs) at 0445 to travel to Winston Salem, NC at 0500.

\$175 Fee includes all gear and travel. **\$25 Non-refundable deposit due 1 Jun.**

\$150 Final payment due 15 Jun. Limited to the first 18 persons! Open to all authorized patrons.

POC: 451-1440 or [mccslejeune.com/outdoor](http://mccslejeune.com/outdoor)

### **SEMPER FIT HEALTH PROMOTION**

**Urinalysis Coordinators' Course**

1 Jun Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a “train the trainer” instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.  
POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Taking Control of Your Finances**

3 Jun, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **ROCK ON! CLIMBING WALL CLINICS**

Courthouse Bay Fitness Center

Sat, 6 Jun • 1100-1300 • 1300-1500

Registration Deadline: **4 Jun** (limited to 10 people per class)

Topics covered include: brief description on how to Belay, safety guidelines, and climbing techniques. Open to all authorized patrons 10 years old and above.

POC: 451-7002 or [rodieral@usmc-mccs.org](mailto:rodieral@usmc-mccs.org)

## **SINGLE MARINE PROGRAM TRIP TO WET’N WILD – Emerald Pointe Water Park, Greensboro**

6 Jun

Depart 0600 MCX Parking Lot and 0530 Camp Johnson Fitness Center Parking Lot

\$50/45 seats available. Open to Single Marines and Sailors ONLY.

Register at your local Recreation Center or at the SMP office.

POC: 451-4642 or [mccslejeune.com/smp](http://mccslejeune.com/smp)

## **SEMPER FIT HEALTH PROMOTION**

### **Stress Management**

4 Jun, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **GREAT DEALS! LOW PRICES! CAMP LEJEUNE COMMUNITY YARD SALE**

Goettge Memorial Field House Parking Lot (In case of inclement weather, inside Field House.)

6 Jun, 0700-1200, Register by **4 Jun**

Kids activities! Food Vendors! Find a treasure and have fun!

### **INTERESTED IN GETTING A TABLE? ON PCS ORDERS?**

Clean out your closets or garage and make money! Over 100 tables available.

- \$10 per space (one table and one chair)
- For registration locations, visit [mccslejeune.com/yardsale](http://mccslejeune.com/yardsale)
- Open to all DoD card holders
- Second hand items for sale

POC: 451-2106 or [mccslejeune.com/yardsale](http://mccslejeune.com/yardsale)

## **Poetry's Imaginative Leap Comes to You POET RHAPSODY**

Tarawa Terrace Outdoor Pool

Fri, 5 Jun, 1930-2100

Reciting poems, promoting self-expression and creativity in a positive manner.

Open to all authorized patrons 18 years and up.

POC: 450-1687 or [mccslejeune.com/community](http://mccslejeune.com/community)

## **POOL INSTRUCTIONAL CLASSES**

### **Individual Swim Lessons**

Area 2 Pool

8-12 Jun, Mon-Fri, 1800-2000

Registration: **Open until 5 Jun**, 1100-1800, Tarawa Terrace Outdoor Pool

\$50 (Each additional student \$25)

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Lifeguard Training**

Area 2 Pool

15-20 Jun

Mon-Fri, 0800-1200

Sat 0800-1500

Registration: **Open until 5 Jun**, 1100-1800, Area 2 Pool

\$125

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Group Swim Lessons**

Area 2 Pool

15-19 Jun

1800-1825 Water Babies (\$25)

1800-1855 Level 1 & 2, Level 5 (\$30)

1830-1855 Preschool (\$25)

1900-1955 Level 3 & 4 (\$30)

Registration: **6-12 Jun**, 1100-1800, Tarawa Terrace Outdoor Pool

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Junior Lifeguard Training**

Tarawa Terrace Outdoor Pool

18-19 Jun, 0800-1200

Registration: **Open until 17 Jun**, 1100-1800, Tarawa Terrace Outdoor Pool

\$60

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Water Safety Instructor**

Area 2 Pool

29 Jun-1 Jul

Mon-Fri, 0800-1300

Sat 0800-1700

Registration: **Open until 26 Jun**, 1100-1800, Tarawa Terrace Outdoor Pool

\$125

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)



## **SEMPER FIT HEALTH PROMOTION**

### **Anger Management**

5 Jun, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **SINGLE MARINE PROGRAM TRIP a KINSTON INDIANS' GAME – Military Appreciation Day**

12 Jun

Depart 1700 MCX Parking Lot and 1730 Camp Johnson Fitness Center Parking Lot

FREE! /50 seats available

Fireworks after game! Open to Single Marines and Sailors ONLY.

Register at your local Recreation Center or at the SMP office.

POC: 451-4642 or [mccslejeune.com/smp](http://mccslejeune.com/smp)

## **BACKYARD CAMPOUT**

Brewster Recreation Area

12-14 Jun

Register by **5 Jun** at the Outdoor Recreation Office, Bldg 1108, Birch St. Open to all authorized patrons.

\$6 per person (\$20 family of 4 or more)

Check in Fri, 12 Jun, 1700-2000

Check out Sun, 14 Jun, 0800-1100

Activities for all ages! Family Events, Kayaking, Hiking, Children's Activities, and Saturday Evening Movie!

POC: 451-1440 or [mccslejeune.com/outdoor](http://mccslejeune.com/outdoor)

## **DEEP SEA FISHING**

6 Jun, depart Commissary parking lot @ 0400

Register by **5 Jun** at the Outdoor Recreation Office, Bldg 1108, Birch St. Open to all authorized patrons.

\$90 includes everything you need to fish. Make sure to bring a cooler to keep the fish you catch.

POC: 451-1440 or [mccslejeune.com/outdoor](http://mccslejeune.com/outdoor)

## **Big Buck\$ Bingo BLOWOUT**

Sat, 6 Jun • Marston Pavilion

Doors open at 1100, games start at 1245. \$15,500 in game payouts! (Minimum buy-in \$50.) Bingo handsets available. Open to authorized patrons: Active Duty and Retired Service members, their families, DoD Employees and their guests.

*For more information, call: 451-2465 ext 8.*

## **PET SHOW**

Sat, 6 Jun • 1000-1300

Show off your furry family members at the 10<sup>th</sup> Annual Pet Show held behind the Hadnot Point Exchange Annex next to Lawn & Garden. A base veterinarian will be on-site to administer Distemper and Rabies vaccines while supplies last. Microchip implanting will also be available for \$23. All



registered pets will receive gift bags. Register at the Hadnot Point Annex, Lawn & Garden, Main Exchange, or online at [www.mccslejeune.com/petshow](http://www.mccslejeune.com/petshow) . Registration deadline is 30 May. The event will be canceled due to inclement weather.  
POC: 451-5030

### **FAMILIES THAT PLAY TOGETHER, STAY TOGETHER @ Midway Park Comm. Ctr.**

#### **FAMILY MOVIES in the PARK**

7 Jun – Cats and Dogs

5 Jul – Inkheart

2 Aug – Star Wars the Clone Wars

Bring your blankets, family, and friends and join us for a family friendly movie under the stars.

Located in the field across the street from the Midway Park Community Center, next to the chapel.

(In case on inclement weather, the movie will be shown at Midway Park Community Center.)

POC: 451-1807 or [mccslejeune.com/community](http://mccslejeune.com/community)

### **AUTOMOTIVE CLASSES @ AUTO HOBBY SHOP – 7 CLASSES FOR FREE!**

Classes for everyone from basic to more technical subjects!

1800-2000

22 Jun • Basic Automotive Maintenance

25 Jun • Hydraulic Braking System

29 Jun • Steering & Suspension Systems

2 Jul • Air Conditioning Servicing

20-23 Jul • Electronic Engine Control System

27 Jul–10 Aug • Automotive Engine Building\

17-20 Aug • Basic Motorcycle Maintenance

Registration: **2 weeks prior each class**

First come, first served

All classes limited to 12 people per class

Open to all authorized patrons 16 years and up

POC: 451-1550 or go to [mccslejeune.com/hobbyshop](http://mccslejeune.com/hobbyshop) to get the description of classes

### **Regular Big Buck\$ Bingo Night**

Mon, 8 Jun • Marston Pavilion

Doors open at 1600, games start at 1830. Play our Winfall for a \$2,500 prize or our Big Buck\$ Game for a \$5,000 prize! (Minimum buy-in \$15). Buy a game package that includes our Early Bird, Regular, and All Specials for \$30. Open to authorized patrons: Active Duty and Retired Service members, their families, DoD Employees and their guests.

*For more information, call: 451-2465 ext 8.*

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Car Buying – Getting a Fair Deal**

10 Jun, Bldg. 302 • 1300-1630

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **Dietitian on Deck**

10 Jun at Area 2 Fit Ctr. • 1100-1300

Amber DeVore, R.D., L.D.N, will be on-deck answering questions about nutrition, providing written information, and giving suggestions on how to best fuel your body to achieve your desired fitness goals! Each month the Dietitian visits a different fitness centers around Camp Lejeune for an informal question and answer session. Open to all authorized patrons.  
POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **WING NIGHT**

**Thu, 11 Jun • HEROZ • 1700-2200**

Grab your friends and head to HEROZ for WING NIGHT. Wings are only 50¢ each! You can have your choice breaded or naked wings cooked mild, medium or hot. Other sauces available: Teriyaki, BBQ, Honey Mustard and Sweet & Sour. Call 450-6428 to place take-out orders.

### **RELOCATION ASSISTANCE PROGRAM – CONUS PCS WORKSHOP**

**11 Jun • 0900-1200**

MCCS Relocation Assistance Program Classroom (Bldg 40) • Russell Marine & Family Service Building

The PCS Move Workshop is free and is designed to assist military and family members when performing a PCS move within the United States. Topics covered include: pay and entitlements, TMO, travel tips, moving with pets, housing information, Military OneSource, SITES, loan locker and accessing services at the new duty station. *Please call for registration.*

POC Info: (910) 449-9704 or 910-451-1055

### **FREE MOVIE NIGHT**

**Fri, 12 Jun • 1830**

***Hotel for Dogs • PG***

Harriotte B. Smith Library • Birch St.  
451-3026

### **EFMP Visiting Lawyer- Estate Planning & Special Needs Trust Workshop**

**Fri, 12 Jun • 1830-2030**

**Russell Marine & Family Services Auditorium • Bldg 40 • Camp Lejeune, NC**

B. Bailey Liipfert III, CELA, from the law firm Craige Brawley Liipfert & Walker LLP will be our featured guest speaker. Mr. Liipfert will discuss Estate Planning for parents of children with disabilities. He will review a wide range of issues including Special Needs Trusts, Medicaid, SSI, CAP programs, Community Waiver programs, and Powers of Attorney. He will also discuss some of the medical decisions that families face with children with disabilities regarding educational and insurance issues. This a great time to get your questions answered. FREE childcare will be available, as long as you secure reservations in advance by calling 451-2672. Please RSVP by calling 451-4394. Free admission.

POC: Holly Brumage

Email [brumagehm@usmc-mccs.org](mailto:brumagehm@usmc-mccs.org)

### **DAD's DAY @ MIDWAY PARK COMMUNITY CENTER**

All Dads are invited! Let's Celebrate Dad's Day

13 Jun, 1000-1200. Register by **10 Jun**

Bring the whole family to celebrate Father's Day.

Midway Park Community Center and the Auto Hobby Shop want to help you celebrate Father's Day with a light breakfast before you assemble a model car.

Open to all authorized patrons. Space is limited so reserve your space today.

POC: 451-1807 or [mccslejeune.com/community](http://mccslejeune.com/community)

### **FAMILY FUN RUNS – Fly the Flag**

Tarawa Terrace Community Center Picnic Area

13 Jun, 0900

Register day of Walk/Run. Sign waiver and get a number. Open to all authorized patrons and their families

POC: 910-450-1687

### **SEMPER FIT TEEN MARINE SUMMER 2009 PROGRAM**

**A big step on your way to physical fitness!**

**16 Jun-30 Jul (Tuesdays & Thursdays)**

**1400-1500**

**Tarawa Terrace Fitness Center's Group Exercise Room**

**BENEFITS:**

- Initial assessments to evaluate teens' fitness level progression
- 60 minute sessions
- Interactive Lecture
- Fitness Class
- Team Building
- Sports Conditioning
- Mixed Martial Arts, etc.

**REGISTRATION:**

- No prior registration required.
  - Parental Release forms will be available for parent/responsible adult to sign by the time the program starts.
  - Forms can be picked up by the parent prior to the starting of the program in any of the fitness facilities.
  - Free & open to all authorized patrons 12-16 years old/Maximum Participation: 30
- POC: Group Exercise 451-0826 or visit [mccslejeune.com/fitness](http://mccslejeune.com/fitness)

### **UNLOCK THE POWER IN YOU!**

Women's Self-Defense Seminar

**Two Locations:**

Area 5 Gym: 19 Jun, 1000-1200

Tarawa Terrace Fitness Center: 26 Jun, 1300-1500

- Register by **17 Jun** (Specify the location you plan to attend)
  - Registration Fee \$15
  - Limited to the first 20 patrons
  - Wear fitness attire for training
  - Protect yourself effectively
  - Learn superior leverage and techniques
  - Overcome the strength and power of your attacker
  - Open to all authorized patrons 16 yrs. and up
  - Make check payable to MCCA and mail with registration form to: Marine Corps Community Services, 1401 West Rd., Attn: Angela Rodier, Camp Lejeune, NC 28547-2539 or deliver to French Creek Fitness Center.
- POC: Angela @ 451-7002 or email her @ [rodieral@usmc-mcca.org](mailto:rodieral@usmc-mcca.org) or visit [mccslejeune.com/groupeexercise](http://mccslejeune.com/groupeexercise)

### **PHYSICAL TRAINING COORDINATORS' COURSE (PTCC)**

**Training the Trainer!**

15-19 Jun, Bldg. 302 • 0830-1500

Course includes lectures pertaining to hands on training and workouts. Topics covered include:

- Components of Physical Fitness
- Basic Nutrition
- Human Anatomy & Movement
- Five Components of Fitness
- Exercise Prescription
- Flexibility
- Circuit Training
- Swimming Programs
- Injury Prevention
- Periodization
- General Nutrition/Nutrition for Weight Management
- Developing Effective Running Programs
- Sports Nutrition
- Foot Typing & Shoe Selection
- Safety in the Weight Room
- Functional Training
- Group Assessment Testing
- Running Programs
- Pulling It All Together & Goals

Introducing Command Functional Training (CFT) Circuit. Learn techniques to enhance your time on the CFT & PFT.

POC: 910-451-0470 or contact Tina Brooks at [brookstm@usmc-mccs.org](mailto:brookstm@usmc-mccs.org)

### **Regular Big Buck\$ Bingo Night**

Mon, 15 Jun • Marston Pavilion • Look for Father's Day Specials

Doors open at 1600, games start at 1830. Play our Winfall for a \$2,500 prize or our Big Buck\$ Game for a \$5,000 prize! (Minimum buy-in \$15). Buy a game package that includes our Early Bird, Regular, and All Specials for \$30. Open to authorized patrons: Active Duty and Retired Service members, their families, DoD Employees and their guests.

*For more information, call: 451-2465 ext 8.*

### **CAMP LEJEUNE LIBRARIES' SUMMER READING PROGRAM**

Tue, 16 Jun • 1400

Marston Pavilion • Fun for all ages!

Come join our kick-off celebration for our Summer Reading Program. Enjoy the wonders and interactive displays of Jeff Jones' Magic Show. Call 451-3026 for more info.

### **Pool Parties: Come and join the fun & excitement!**

Tarawa Terrace Community Center is hosting these parties at the Tarawa Terrace Outdoor Pool once a month!

1930-2230

Fri, 19 Jun

Fri, 17 Jul

Fri, 14 Aug

\$1.00 gets you hot dogs, drinks, DJ, dancing, games, & chance to win prizes!

2 years and under FREE!

POC: 450-1687 or go to [mccslejeune.com/community](http://mccslejeune.com/community)

### **Volleyball and Music! Co-Ed 4-on-4 Volleyball Tournament**

Onslow Beach Enlisted Pavilion

Sun, 21 Jun, 1300, **Register by Fri, 19 Jun**

Single Elimination

Register at French Creek Fitness Center or fax team name, number of players, and phone number to 451-5841.

PRIZES for First, Second and Third Place Winners.

DJ provided for your entertainment

Open to all authorized patrons 16 years old and older.

451-7002 or [mccslejeune.com/fitness](http://mccslejeune.com/fitness)

POC: 451-7002 or [mccslejeune.com/fitness](http://mccslejeune.com/fitness)

### **Father's Day Brunch**

Sat, 20 Jun • 0930-1030

Tarawa Terrace Community Center

School ages kids are encouraged to bring their Dads for a special breakfast and make him a unique gift to take home. Event is free and open to all military families. **You must register by Thu, 18 Jun by calling Camp Lejeune Libraries at 451-3026.**

### **GOLF SCRAMBLE TOURNAMENT – PARADISE POINT GOLF COURSE**

**Sat, 20 Jun**

Entry fee is \$10.00 and does not include cart or green fee. All participants must have handicap.

Show time 0630-0730, cut off 0730, tee off 0800.

POC: 451-5445

### **Paradise Point Golf Course *LARGEST DEMO DAY* –Sat, 20 Jun • 1100-1500**

Test out all the new 2009 golf clubs offered by some of the largest of the finest golf equipment companies. Representatives from Mizuno, Titleist, Adams Golf, Callaway Golf, Cobra, Nickent, and Taylor Made will be on site to show you the latest clubs and equipment available. Whether you are an avid or novice golfer there will be a club that fits you. Visit [mccslejeune.com/golf](http://mccslejeune.com/golf) for more golf information. POC: 451-5445

### **Father's Day Sale – Paradise Point Golf Course**

*Shop now through 30 Jun. Great Dads deserve great golf clubs!* Don't miss this opportunity to get Dad just what he wants for Father's Day. Great savings on name brand golf equipment throughout the Pro Shop. Don't miss these great savings:

*Buy a Diablo driver and get your choice of a Diablo Fairway Wood or Hybrid for \$1*

*Buy a FT-9 driver and get 2 Hyper X Fairway Woods*

*Buy a 09 Taylor Made Burner Driver and get a Fairway Wood*

*2008 x-20 Callaway Irons on sale for 25% Off list price*

*All Bennington bags 25% Off*

*All non-sale merchandise 10% Off*

Ask about our golf lessons. Visit [www.mccslejeune.com/golf](http://www.mccslejeune.com/golf) for more golf information.

POC: 451-5445

### **Father's Day Brunch**

Sat, 20 Jun • 0930-1030

Tarawa Terrace Community Center

School ages kids are encouraged to bring their Dads for a special breakfast and make him a unique gift to take home. Event is free and open to all military families. **You must register by Thu, 18 Jun by calling Camp Lejeune Libraries at 451-3026.**

### **FUNTASTIC II**

Sat, 20 Jun • 1300-1600

Russell Marine & Family Services Center • Bldg 40 • Brewster Blvd.

Honoring our Military Children, Marine Corps Family Team Building presents “FUNTASTIC II”. There will be activities and entertainment for kids of all ages. Our goal is to give each and every military child, no matter how old, an afternoon of unforgettable fun! Here’s a sample of the fun that beckons

Balloon Art	Dunk the Molar, Tug-a-Tooth, Pie in the Cavity
Basketball Shoot Outs	and the Tooth Fairy (dunk tank, tug-a-war and
Face Painting & Tattoos	Pie throwing contest)
Arts & Crafts	Motorcycle Photo Booth for kids
Video Game Room	Music
Movie Room	Dancing
Baby Obstacle Course,	Special Performances
Military Static Displays,	Light refreshments (hotdogs, chips, drinks,
Military Police & Officer McGruff	cotton candy, snow cones, fruit, etc...)
Camp Lejeune Fire Department’s Fire Safety House,	Activities for all ages!
Naval Hospital - Health Promotions & First Aid	Lots of great entertainment!
Semper Fit Fitness featuring Kids Zumba	

Go to [www.mccslejeune.com/funtastic](http://www.mccslejeune.com/funtastic) for more details

This event is FREE to all military families. For more information call 451-0176.

### **LADIES’ GOLF CLINIC – PARADISE POINT GOLF COURSE**

**22-24 Jun, 0800-1100**

Learn the basics, refresh your swing, or pick up a few new techniques in this three day clinic.

Registration fee \$20.00 per person.

Registration begins 1 Jun.

POC: 451-5445

### **SEMPER FIT HEALTH PROMOTION**

#### **Urinalysis Coordinators’ Course**

22 Jun, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a “train the trainer” instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants.

Course materials are provided and mandatory testing is required for certification.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **Regular Big Buck\$ Bingo Night**

Mon, 22 Jun • Marston Pavilion

Doors open at 1600, games start at 1830. Play our Winfall for a \$2,500 prize or our Big Buck\$ Game for a \$5,000 prize! (Minimum buy-in \$15). Buy a game package that includes our Early Bird, Regular, and All Specials for \$30. Open to authorized patrons: Active Duty and Retired Service members, their families, DoD Employees and their guests.

*For more information, call: 451-2465 ext 8.*

### **SEMPER FIT HEALTH PROMOTION**

#### **SACO’s Prevention Plan/Measures of Effectiveness**

23 Jun, Bldg. 302 • 1300-1500

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **BOOKAHOLICS**

### **23 Jun • Onslow County Public Library • 1900**

Enjoy an adult book discussion group that meets monthly. This month's book is *Eats, Shoots & Leaves* by Lynne Truss. This book is available at the Harriotte B. Smith Library for check-out. Call 451-3026 for more information. Discussion group co-sponsored by Camp Lejeune Libraries.

## **PERSONAL FINANCIAL MANAGEMENT**

### **Investment Basics**

24 Jun, Bldg. 302 • 1300-1630

An interactive workshop designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Alcohol Abuse Prevention**

24 Jun, 0830-1130 • Bldg. 302

This interactive program is designed to assist individuals with developing the knowledge and skills to make healthier lifestyle decisions pertaining to alcohol abuse and binge drinking. Topics include: drinking and driving, binge drinking, alcohol's effects on the body, its effects on family and social life. It also offers tips for responsible drinking and recreation activities not involving alcohol. This program serves as unit level education in support of the first phase of the Marine Corps Substance Abuse Program (MCO P1700.24B).

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **WING NIGHT**

### **Thu, 25 Jun • HEROZ • 1700-2200**

Grab your friends and head to HEROZ for WING NIGHT. Wings are only 50¢ each! You can have your choice breaded or naked wings cooked mild, medium or hot. Other sauces available: Teriyaki, BBQ, Honey Mustard and Sweet & Sour. Call 450-6428 to place take-out orders.

## **The SCNO Club Retiree Appreciation Night**

Thu, 25 Jun • 1600 • 825 Stone Street (beside the John A. Lejeune Education Center)

Share some *Esprit de Corps*! Take the time to enjoy a night out with friends. 35¢ Wings (8 wing minimum). For more information call 450-9556. Full menu service available.

## **Open Mic Poetry Night**

Thu, 25 Jun • 1830-2030

Harriotte B. Smith Library

Creativity welcome here! Come and share your own work, favorite verses, poetry and meet other local poets. *Co-sponsored by Camp Lejeune Libraries and Onslow Co. Public Library.* Open to adults age 18 and older. Call 451-3026 for more information or go to [www.mccslejeune.com/libraries](http://www.mccslejeune.com/libraries).

## **FREE MOVIE NIGHT**

Fri, 26 Jun • 1830

### **Bedtime Stories • PG**

Tarawa Terrace Community Center  
451-3026



### **Mongolian BBQ Night**

Fri, 26 Jun • 1800-2030

Paradise Point Officers' Club • Bldg 2615 – Seth Williams Blvd

Authorized patrons will enjoy this tasty experience for \$ .95 per ounce. Reservations required, call 910-451-2465 ext 8.

### **SEMPER FIT HEALTH PROMOTION**

#### **BASIC Training**

26-29 Jun, Bldg. 302 • 0830-1030

This can be offered at the unit or in our classroom. BASIC is a Headquarters Marine Corps developed program on the AIRS Checklist (#009). The BASIC training is two 120-minute sessions for NCOs. This can be broken up to fit your unit's schedule. The program is train the trainer/mentoring driven-NCOs training the junior troops on how to drink responsibly.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **FAMILIES THAT PLAY TOGETHER, STAY TOGETHER @ Midway Park Comm. Ctr.**

Family Friendly Fun Field Meet Events v FREE!

27 Jun, 25 Jul, 2 Aug

Summer is coming and we have the most fun obstacles and relays!

-Compete as a family

-Family friendly challenges:

-Rocky Mountain

-Bouncy Boxing

-Medieval Joust

and a lot more!

All you need to do is register at the Midway Park Community Center. Open to all authorized patrons.

POC: 451-1807 or [mccslejeune.com/community](http://mccslejeune.com/community)

### **POOL INSTRUCTIONAL CLASSES**

#### **Individual Swim Lessons**

Area 2 Pool

6-10 Jul, Mon-Fri, 1800-2000

Registration: **27 Jun-3 Jul**, 1100-1800, Tarawa Terrace Outdoor Pool

\$50 (Each additional student \$25)

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Regular Big Buck\$ Bingo Night**

Mon, 29 Jun • Marston Pavilion

Doors open at 1600, games start at 1830. Play our Winfall for a \$2,500 prize or our Big Buck\$ Game for a \$5,000 prize! (Minimum buy-in \$15). Buy a game package that includes our Early Bird, Regular, and All Specials for \$30. Open to authorized patrons: Active Duty and Retired Service members, their families, DoD Employees and their guests.

*For more information, call: 451-2465 ext 8.*

### **Nutrition Education**

30 Jun at Bldg. 302, Holcomb Blvd. • 0830-1230

This course is designed for Marines, Sailors, Coast Guardsmen, Retirees, or civilian employees, and all authorized patrons who would like to know more about nutrition for their own goals.

These 4-hour workshops include topics on carbohydrates, protein, fat, sports nutrition, body composition changes, healthy eating, healthy weight loss/gain/maintenance, hydration, the risks of being obese, and supplements.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **JULY 2009**

### **MEDITATION BY THE SEA – Escape to the beach and renew your body and mind... The warm sand and gentle breeze awaits...**

Meditation by the Sea blends yoga, Pilates, and meditation into an hour of bliss!

Every Tue, Thu, and Sat from NOW through 29 Aug. Participants should meet at 0800 at the Officers' Pavilion, Onslow Beach. Free to authorized patrons with valid ID card.

POC: 451-0826 or go to [mccslejeune.com/groupeexercise](http://mccslejeune.com/groupeexercise)

### **FLAG GOLF TOURNAENT – PARADISE POINT GOLF COURSE**

#### **4 JUL**

Entry fee is \$10 per person and does not include cart or greens fee. All participants must have a handicap. Call the Pro Shop to make your own tee time.

POC: 451-5445

### **JUNIOR GOLF CLINIC – PARADISE POINT GOLF COURSE**

#### **6-9 JUL**

Learn the basics, improve your game or pick up a few new techniques during this clinic.

Ages 8-10 years old 0800-1000

Ages 11 years and up 1030-1230

Registration fee is \$20.00 per person (\$10.00 for additional children in family).

POC: 451-5445

### **POOL INSTRUCTIONAL CLASSES**

#### **Individual Swim Lessons**

Area 2 Pool

6-10 Jul, Mon-Fri, 1800-2000

Registration: **Open until 3 Jul**, 1100-1800, Tarawa Terrace Outdoor Pool

\$50 (Each additional student \$25)

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

#### **Group Swim Lessons**

Area 2 Pool

13-17 Jul

1800-1825 Water Babies (\$25)

1800-1855 Level 1 & 2, Level 5 (\$30)

1830-1855 Preschool (\$25)

1900-1955 Level 3 & 4 (\$30)

Registration: **4-10 Jul**, 1100-1800, Tarawa Terrace Outdoor Pool

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

#### **Individual Swim Lessons**

Area 2 Pool

3-7 Aug, Mon-Fri, 1800-2000

Registration: **Open until 31 Jul**, 1100-1800, Tarawa Terrace Outdoor Pool

\$50 (Each additional student \$25)

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Lifeguard Training**

Area 2 Pool

8-29 Aug

0800-1700 Saturdays only

Registration: **Open until 31 Jul**, 1100-1700, Area 2 Pool

\$125

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **CPR for the Professional**

Bldg 1108

15 Aug, 0800-1700

Registration: **Open until 31 Jul**, 1100-1800, Tarawa Terrace Outdoor Pool

\$50

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Lifeguard Instructor Training**

Area 2 Pool

1-29 Aug, Saturdays Only, 0800-1700

Registration: **Open until 31 Jul**, 1100-1800, Tarawa Terrace Outdoor Pool

\$125

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Individual Swim Lessons**

Area 2 Pool

31 Aug-4 Sep, Mon-Fri, 1800-2000

Registration: **Open until 28 Aug**, 1100-1800, Tarawa Terrace Outdoor Pool

\$50 (Each additional student \$25)

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **SEMPER FIT HEALTH PROMOTION**

#### **Improving Self-Esteem**

1 Jul, Bldg. 302 • 0830-1130

A quarterly workshop where participants learn what it means to have low self-esteem and why it's important to improve on it. Participants focus on recognizing how self-esteem affects them personally and professionally and changes that can be made to produce increased levels of self-esteem.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Taking Control of Your Finances**

1 & 22 Jul, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan.

Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **2009 LIBERTY FUN RUN SERIES – Firecracker**

2 Jul, 1130

Event is free. All events start at 1130, Corner of Ash St. and Holcomb Blvd.

Register and sign waiver on the day of the event.

POC: 910-451-0092 or 5430 or [mccslejeune.com/libertyruns.html](http://mccslejeune.com/libertyruns.html)

## **Exceptional Family Member Program Support Group**

Tue, 7 Jul • 1830-2030

The EFMP support group consists of parents and adults with special needs. Come meet and socialize with others facing some of the same issues you may be experiencing. In return, you may be able to provide support and information that someone else may need. Various topics will be discussed at each meeting and when available, guests from military & local agencies will be there to answer questions. FREE childcare will be available, advance reservations are required, call 451-2672. Please RSVP for the meeting to receive location by calling 451-4394.

POC: Holly Brumage -Email [brumagehm@usmc-mccs.org](mailto:brumagehm@usmc-mccs.org)

## **SEMPER FIT HEALTH PROMOTION**

### **Urinalysis Coordinators' Course**

6 Jul, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a “train the trainer” instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Urinalysis Coordinators' Course**

6 & 13 Jul, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a “train the trainer” instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **MIDWAY PARK COMMUNITY CENTER**

Summer Dance Camp

\$60. Register by **6 Jul**

13-17 Jul, 1230-1430 (ages 3-5 yrs)

20-24 Jul, 1230-1430 (ages 5-8 yrs)

27-31 Jul, 1230-1430 (ages 8-12 yrs)

POC: 451-1807/ <http://www.mccslejeune.com/community>

## **Nutrition Education**

7 Jul at Bldg. 302, Holcomb Blvd. • 0830-1230

This course is designed for Marines, Sailors, Coast Guardsmen, Retirees, or civilian employees, and all authorized patrons who would like to know more about nutrition for their own goals.

These 4-hour workshops include topics on carbohydrates, protein, fat, sports nutrition, body composition changes, healthy eating, healthy weight loss/gain/maintenance, hydration, the risks of being obese, and supplements.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Car Buying – Getting a Fair Deal**

8 Jul, Bldg. 302 • 1300-1630

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **WING NIGHT**

**Thu, 9 Jul • HEROZ • 1700-2200**

Grab your friends and head to HEROZ for WING NIGHT. Wings are only 50¢ each! You can have your choice breaded or naked wings cooked mild, medium or hot. Other sauces available: Teriyaki, BBQ, Honey Mustard and Sweet & Sour. Call 450-6428 to place take-out orders.

### **SEMPER FIT HEALTH PROMOTION**

#### **Stress Management**

9 Jul, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Anger Management**

10 Jul, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **2009 GRAND PRIX RUN FOR THE BEACH 8K – THE ULTIMATE FITNESS CHALLENGE**

Onslow Beach, Camp Lejeune

11 Jul, 0800

Pre-register by noon on July 8. Entry fee is \$20 if received by noon, July 8 and \$25 if received after noon July 8. Late registration (\$25 fee/check ONLY) will be held on race day at the race site from 6:30 a.m. to 7:30 a.m. Registration fee is non-refundable. **Credit card registration is available online ONLY at [www.active.com](http://www.active.com)** with no additional fees or you can fill out the entry form and make checks payable to MCCS Activity, and deliver to Area 2 Fitness Center on McHugh Boulevard or mail to: Marine Corps Community Services, Race/Area 2 Fitness Center, 1401 West Road, Camp Lejeune, NC 28547-2539

POC: Grand Prix Series Coordinator, Mike Marion (910) 451-0092, FAX (910) 451-5841, or E-mail: [marionmj@usmc-mccs.org](mailto:marionmj@usmc-mccs.org). For hotel/motel accommodations contact: Onslow County Tourism (910) 455-1113 or 1-800-932-2144

## **2009 GRAND PRIX THE ULTIMATE FITNESS CHALLENGE**

Regardless of your athletic background or your competitive desires, the Marine Corps Grand Prix Series offers an event for you. Begin planning your race strategy now, as you accept our challenge to gain "ultimate athlete status!"

11 Jul            8K Mud Challenge, Camp Devil Dog  
19 Sep            Cherry Point Duathlon, Cherry Point, NC  
26 Sep            Marine Corps Half Marathon, Camp Devil Dog  
10 Oct            Beirut memorial 10K, Camp Johnson  
17 Oct            Neuse river 5K/10K, New Bern  
14 Nov            Great Mullet Run, Swansboro  
23 Nov            Hampstead Turkey Trot  
December Awards Ceremony

Register online at [active.com](http://active.com)

POC: Grand Prix Series Coordinator, Mike Marion (910) 451-0092, FAX (910) 451-5841, or E-mail: [marionmj@usmc-mccs.org](mailto:marionmj@usmc-mccs.org). For hotel/motel accommodations contact: Onslow County Tourism (910) 455-1113 or 1-800-932-2144

## **SEMPER FIT HEALTH PROMOTION**

### **Early Signs of Drug Use Among Teens**

14 Jul, Bldg. 302 • 0900-1100

Class Description: 2 hours

This is a monthly workshop designed to educate military members in leadership positions as well as parents about the early signs of drug use among generation X and Y. Participants will learn to identify current trends and non-verbal behavior expressed among potential and current drug users. Updated statistical data will be presented to show the times of the day, days of the week, and locations in this community where drug use is most prevalent.

POC: 910-451-2865 or [www.mccslejeune.com/health](http://www.mccslejeune.com/health)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Investment Basics**

15 Jul, Bldg. 302 • 1300-1630

An interactive workshop designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Healthy Communication in Relationships**

15 Jul, Bldg. 302 • 0830-1130

Class Description: 3 hours

A quarterly workshop where participants learn the ingredients of building a healthy relationship and the key to effective communication, whether on a personal or professional basis.

POC: 910-451-2865 or [www.mccslejeune.com/health](http://www.mccslejeune.com/health)

## **Dietitian on Deck**

15 Jul at Tarawa Terrace Fitness Ctr. • 1100-1300

Amber DeVore, R.D., L.D.N, will be on-deck answering questions about nutrition, providing written information, and giving suggestions on how to best fuel your body to achieve your desired fitness

goals! Each month the Dietitian visits a different fitness centers around Camp Lejeune for an informal question and answer session. Open to all authorized patrons.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **RELOCATION ASSISTANCE PROGRAM – PCS OVERSEAS WORKSHOP**

**16 Jul • 0900-1200**

Russell Marine & Family Services Bldg. 40

The PCS Move Workshop is free and is designed to assist military and family members when performing a PCS move within the United States. Topics covered include: pay and entitlements, TMO, travel tips, moving with pets, housing information, Military OneSource, SITES, loan locker and culture aspects.

Call for registration. FREE to all ID card holders.

POC Info: (910) 449-9704 or 910-451-1055

### **Dietitian on Deck**

16 Jul at Midway Park Community Center • 1000-1200

Amber DeVore, R.D., L.D.N, will be on-deck answering questions about nutrition, providing written information, and giving suggestions on how to best fuel your body to achieve your desired fitness goals! Each month the Dietitian visits a different fitness centers around Camp Lejeune for an informal question and answer session. Open to all authorized patrons.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **SEMPER FIT HEALTH PROMOTION**

#### **BASIC Training**

17 & 20 Jul, Bldg. 302 • 0830-1030

This can be offered at the unit or in our classroom. BASIC is a Headquarters Marine Corps developed program on the AIRS Checklist (#009). The BASIC training is two 120-minute sessions for NCOs. This can be broken up to fit your unit's schedule. The program is train the trainer/mentoring driven-NCOs training the junior troops on how to drink responsibly.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **FAMILY FUN RUNS – Fly the Flag**

Tarawa Terrace Community Center Picnic Area

18 Jul, 0900

Register day of Walk/Run. Sign waiver and get a number. Open to all authorized patrons and their families

POC: 910-450-1687

### **SCRAMBLE – PARADISE POINT GOLF COURSE**

**Sat, 18 Jul**

Entry fee is \$10.00 and does not include cart or green fee. All participants must have handicap.

Show time 0630-0730, cut off 0730, tee off 0800.

POC: 451-5445

### **SEMPER FIT HEALTH PROMOTION**

#### **SACO's Prevention Plan/Measures of Effectiveness**

21 Jul, Bldg. 302 • 1300-1500

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **SEMPER FIT HEALTH PROMOTION**

#### **Alcohol Abuse Prevention**



22 Jul, 0830-1130 • Bldg. 302

This interactive program is designed to assist individuals with developing the knowledge and skills to make healthier lifestyle decisions pertaining to alcohol abuse and binge drinking. Topics include: drinking and driving, binge drinking, alcohol's effects on the body, its effects on family and social life. It also offers tips for responsible drinking and recreation activities not involving alcohol. This program serves as unit level education in support of the first phase of the Marine Corps Substance Abuse Program (MCO P1700.24B).

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **WING NIGHT**

**Thu, 23 Jul • HEROZ • 1700-2200**

Grab your friends and head to HEROZ for WING NIGHT. Wings are only 50¢ each! You can have your choice breaded or naked wings cooked mild, medium or hot. Other sauces available: Teriyaki, BBQ, Honey Mustard and Sweet & Sour. Call 450-6428 to place take-out orders.

### **SEMPER FIT HEALTH PROMOTION**

#### **Stress Management**

23 Jul, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **JUNIOR GOLF TORUNAMENT – PARADISE POINT GOLF COURSE**

**24 JULY**

Entry fee is \$20 per person and includes lunch. Tee times start at 0800 and participants will be placed in appropriate age groups.

POC: 451-5445

### **SEMPER FIT HEALTH PROMOTION**

#### **Anger Management**

24 Jul, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Command Financial Specialist**

27 -31 Jul, Bldg. 302 • 0830-1630 **(5 Days)**

This course is designed to train SNCO's and Company Grade Officers on how to develop a Personal Financial Management (PFM) training program at the unit level. Topics to be covered include budgeting, cash flow management, establishing/managing credit, debt reduction, consumer rights, risk management (insurance) and more. Participants will receive financial software designed to assist them in their unit training and counseling needs.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **AUGUST 2009**

### **MEDITATION BY THE SEA – Escape to the beach and renew your body and mind... The warm sand and gentle breeze awaits...**

Meditation by the Sea blends yoga, Pilates, and meditation into an hour of bliss!

Every Tue, Thu, and Sat from NOW through 29 Aug. Participants should meet at 0800 at the Officers' Pavilion, Onslow Beach. Free to authorized patrons with valid ID card.

POC: 451-0826 or go to [mccslejeune.com/groupeexercise](http://mccslejeune.com/groupeexercise)

### **POOL INSTRUCTIONAL CLASSES**

#### **Group Swim Lessons**

Area 2 Pool

17-21 Aug

1800-1825 Water Babies (\$25)

1800-1855 Level 1 & 2, Level 5 (\$30)

1830-1855 Preschool (\$25)

1900-1955 Level 3 & 4 (\$30)

Registration: **8-14 Aug**, 1100-1800, Tarawa Terrace Outdoor Pool

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

#### **Individual Swim Lessons**

Area 2 Pool

31 Aug-4 Sep, Mon-Fri, 1800-2000

Registration: **Open until 28 Aug**, 1100-1800, Tarawa Terrace Outdoor Pool

\$50 (Each additional student \$25)

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

#### **Junior Lifeguard Training**

Area 2 Pool

29 Aug, 0800-1700

Registration: **Open until 28 Aug**, 1100-1800, Tarawa Terrace Outdoor Pool

\$60

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

### **Exceptional Family Member Program Support Group**

Tue, 4 Aug • 1830-2030

The EFMP support group consists of parents and adults with special needs. Come meet and socialize with others facing some of the same issues you may be experiencing. In return, you may be able to provide support and information that someone else may need. Various topics will be discussed at each meeting and when available, guests from military & local agencies will be there to answer questions. FREE childcare will be available, advance reservations are required, call 451-2672.

Please RSVP for the meeting to receive location by calling 451-4394.

POC: Holly Brumage -Email [brumagehm@usmc-mccs.org](mailto:brumagehm@usmc-mccs.org)

### **SEMPER FIT HEALTH PROMOTION**

#### **Urinalysis Coordinators' Course**

3 & 24 Aug, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a "train the trainer" instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse

Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.  
POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **Nutrition Education**

4 Aug at Bldg. 302, Holcomb Blvd. • 0830-1230

This course is designed for Marines, Sailors, Coast Guardsmen, Retirees, or civilian employees, and all authorized patrons who would like to know more about nutrition for their own goals.

These 4-hour workshops include topics on carbohydrates, protein, fat, sports nutrition, body composition changes, healthy eating, healthy weight loss/gain/maintenance, hydration, the risks of being obese, and supplements.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Taking Control of Your Finances**

5 Aug, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan.

Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Stress Management**

6 Aug, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **RELOCATION ASSISTANCE PROGRAM – CONUS PCS WORKSHOP**

**6 Aug • 0900-1200**

MCCS Relocation Assistance Program Classroom (Bldg 40) • Russell Marine & Family Service Building

The PCS Move Workshop is free and is designed to assist military and family members when performing a PCS move within the United States. Topics covered include: pay and entitlements, TMO, travel tips, moving with pets, housing information, Military OneSource, SITES, loan locker and accessing services at the new duty station. *Please call for registration.*

POC Info: (910) 449-9704 or 910-451-1055

### **SEMPER FIT HEALTH PROMOTION**

#### **Anger Management**

7 Aug, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **SCRAMBLE – PARADISE POINT GOLF COURSE**

**Sat, 8 Aug**

Entry fee is \$10.00 and does not include cart or green fee. All participants must have handicap.

Show time 0630-0730, cut off 0730, tee off 0800.

POC: 451-5445

## **SEMPER FIT HEALTH PROMOTION**

### **Unit Substance Abuse**

10-12 Aug, Bldg. 302 • 0800-1600

This management training session is for newly appointed Substance Abuse Control Officers (SACO) and Substance Abuse Control Specialists. Through this curriculum SACOs and SACS are trained as mandated by MCO P1700.24B on the disciplines of their duties. As a result the requisite supervisory unit level substance abuse education, needs assessment and unit annual prevention planning can be developed. The uniqueness of the curriculum is that it is simple and user-friendly enough to address various audiences and yet, it is comprehensive in its content.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **Dietitian on Deck**

12 Aug at Courthouse Bay Fitness Ctr. • 1100-1300

Amber DeVore, R.D., L.D.N, will be on-deck answering questions about nutrition, providing written information, and giving suggestions on how to best fuel your body to achieve your desired fitness goals! Each month the Dietitian visits a different fitness centers around Camp Lejeune for an informal question and answer session. Open to all authorized patrons.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **RELOCATION ASSISTANCE PROGRAM – ABCs OF HOME BUYING & SELLING**

**13 Aug • 1800-2100**

MCCS Relocation Assistance Program Classroom (Bldg 40) • Russell Marine & Family Service Building

POC Info: (910) 449-9704 or 910-451-1055

## **ONSLOW AMATEUR GOLF TOURNAMENT – PARADISE POINT GOLF COURSE**

**14-16 Aug**

POC: 451-5445

## **FAMILY FUN RUNS – Walk and Run in the Sun**

Tarawa Terrace Community Center Picnic Area

15 Aug, 0900

Register day of Walk/Run. Sign waiver and get a number. Open to all authorized patrons and their families

POC: 910-450-1687

## **PHYSICAL TRAINING COORDINATORS' COURSE (PTCC)**

### **Training the Trainer!**

17-21 Aug, Bldg. 302 • 0830-1500

Course includes lectures pertaining to hands on training and workouts. Topics covered include:

- Components of Physical Fitness
- Basic Nutrition
- Human Anatomy & Movement
- Five Components of Fitness
- Exercise Prescription
- Flexibility
- Circuit Training
- Swimming Programs
- Injury Prevention
- Periodization

- General Nutrition/Nutrition for Weight Management
- Developing Effective Running Programs
- Sports Nutrition
- Foot Typing & Shoe Selection
- Safety in the Weight Room
- Functional Training
- Group Assessment Testing
- Running Programs
- Pulling It All Together & Goals

Introducing Command Functional Training (CFT) Circuit. Learn techniques to enhance your time on the CFT & PFT.

POC: 910-451-0470 or contact Tina Brooks at [brookstm@usmc-mccs.org](mailto:brookstm@usmc-mccs.org)

### **SEMPER FIT HEALTH PROMOTION**

#### **SACO's Prevention Plan/Measures of Effectiveness**

25 Aug, Bldg. 302 • 1300-1500

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **Open Mic Poetry Night**

Tue, 25 Aug 1830-2030

Camp Johnson Library

Creativity welcome here! Come and share your own work, favorite verses, poetry and meet other local poets. Co-sponsored by Camp Lejeune Libraries and Onslow Co. Public Libraries. Open to adults age 18 and older. Call 451-3026 for more information or go to [www.mccslejeune.com/libraries](http://www.mccslejeune.com/libraries)

### **SEMPER FIT HEALTH PROMOTION**

#### **Alcohol Abuse Prevention**

26 Aug, 0830-1130 • Bldg. 302

This interactive program is designed to assist individuals with developing the knowledge and skills to make healthier lifestyle decisions pertaining to alcohol abuse and binge drinking. Topics include: drinking and driving, binge drinking, alcohol's effects on the body, its effects on family and social life. It also offers tips for responsible drinking and recreation activities not involving alcohol. This program serves as unit level education in support of the first phase of the Marine Corps Substance Abuse Program (MCO P1700.24B).

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Taking Control of Your Finances**

26 Aug, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **BASIC Training**

28-31 Aug, Bldg. 302 • 0830-1030

This can be offered at the unit or in our classroom. BASIC is a Headquarters Marine Corps developed program on the AIRS Checklist (#009). The BASIC training is two 120-minute sessions for NCOs. This can be broken up to fit your unit's schedule. The program is train the trainer/mentoring driven-NCOs training the junior troops on how to drink responsibly.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **SEPTEMBER 2009**

### **POOL INSTRUCTIONAL CLASSES**

#### **Group Swim Lessons**

Area 2 Pool

14-18 Sep

1800-1825 Water Babies (\$25)

1800-1855 Level 1 & 2, Level 5 (\$30)

1830-1855 Preschool (\$25)

1900-1955 Level 3 & 4 (\$30)

Registration: **5-11 Sep**, 1100-1700, Area 2 Pool

POC: 451-2024 or go to [mccslejeune.com/pools](http://mccslejeune.com/pools)

#### **Nutrition Education**

1 Sep at Bldg. 302, Holcomb Blvd. • 0830-1230

This course is designed for Marines, Sailors, Coast Guardsmen, Retirees, or civilian employees, and all authorized patrons who would like to know more about nutrition for their own goals.

These 4-hour workshops include topics on carbohydrates, protein, fat, sports nutrition, body composition changes, healthy eating, healthy weight loss/gain/maintenance, hydration, the risks of being obese, and supplements.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Taking Control of Your Finances**

2 & 23 Sep, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan.

Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **2009 LIBERTY FUN RUN SERIES – Labor Day**

3 Sep, 1130

Event is free. All events start at 1130, Corner of Ash St. and Holcomb Blvd.

Register and sign waiver on the day of the event.

POC: 910-451-0092 or 5430 or [mccslejeune.com/libertyruns.html](http://mccslejeune.com/libertyruns.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Stress Management**

3 & 17 Sep, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Anger Management**

4 & 18 Sep, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **FLAG TOURNAMENT – PARADISE POINT GOLF COURSE**

### **7 SEP**

Entry fee is \$10 per person and does not include cart or greens fee. All participants must have a handicap. Call the Pro Shop to make your own tee time.

POC: 451-5445

## **20<sup>th</sup> Annual Gottschalk Marina Team Bass Tournament**

### **Sep 5 September Starter**

### **Nov 7 Fall Fun**

Two-person teams fish for Largemouth Bass on the New River and its tributaries. The average prize amount is \$2,500 based on 50 boats. Guaranteed \$1,000 cash prize per tournament. Trophies and cash prizes are awarded for first three places. Sponsor giveaway by drawings, and food and soft drinks provided at weigh-in. ACTIVE DUTY TEAMS MAY PARTICIPATE THROUGH THE USAGE OF UNIT FUNDS WITH PERMISSION OF THE UNIT'S SPECIAL SERVICES OFFICER. This event is open to the public.

Tournaments begin at 0600 (or safe light) and end at 1600. \$70 per team, \$15 late fee (day of event.) Sponsored by B&L One Stop Tackle, Sports Trophies Plus, Andy's, and Subway. No federal or USMC endorsement implied.

POC: Cameron Brooks (910) 451-8307

## **PERSONAL FINANCIAL MANAGEMENT Car Buying – Getting a Fair Deal 1300-1630**

9 Sep, Bldg. 302 • 1100-1300

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Car Buying – Getting a Fair Deal**

9 Sep, Bldg. 302 • 1300-1630

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **RELOCATION ASSISTANCE PROGRAM – PCS OVERSEAS WORKSHOP**

**10 Sep • 0900-1200**

Russell Marine & Family Services Bldg. 40

The PCS Move Workshop is free and is designed to assist military and family members when performing a PCS move within the United States. Topics covered include: pay and entitlements, TMO, travel tips, moving with pets, housing information, Military OneSource, SITES, loan locker and culture aspects.



Call for registration. FREE to all ID card holders.  
POC Info: (910) 449-9704 or 910-451-1055

## **SEMPER FIT HEALTH PROMOTION**

### **BASIC Training**

11-14 Sep, Bldg. 302 • 0830-1030

This can be offered at the unit or in our classroom. BASIC is a Headquarters Marine Corps developed program on the AIRS Checklist (#009). The BASIC training is two 120-minute sessions for NCOs. This can be broken up to fit your unit's schedule. The program is train the trainer/mentoring driven-NCOs training the junior troops on how to drink responsibly.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **SCRAMBLE – PARADISE POINT GOLF COURSE**

### **Sat, 12 Sep**

Entry fee is \$10.00 and does not include cart or green fee. All participants must have handicap.

Show time 0630-0730, cut off 0730, tee off 0800.

POC: 451-5445

## **FAMILY FUN RUNS – Flee with Your Friends**

Tarawa Terrace Community Center Picnic Area

12 Sep, 0900

Register day of Walk/Run. Sign waiver and get a number. Open to all authorized patrons and their families

POC: 910-450-1687

## **SEMPER FIT HEALTH PROMOTION**

### **Alcohol Abuse Prevention**

16 Sep, 0830-1130 • Bldg. 302

This interactive program is designed to assist individuals with developing the knowledge and skills to make healthier lifestyle decisions pertaining to alcohol abuse and binge drinking. Topics include: drinking and driving, binge drinking, alcohol's effects on the body, its effects on family and social life. It also offers tips for responsible drinking and recreation activities not involving alcohol. This program serves as unit level education in support of the first phase of the Marine Corps Substance Abuse Program (MCO P1700.24B).

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **Dietitian on Deck**

16 Sep at Camp Johnson Fitness Ctr. • 1100-1300

Amber DeVore, R.D., L.D.N, will be on-deck answering questions about nutrition, providing written information, and giving suggestions on how to best fuel your body to achieve your desired fitness goals! Each month the Dietitian visits a different fitness centers around Camp Lejeune for an informal question and answer session. Open to all authorized patrons.

POC: 910-451-0824 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Taking Control of Your Finances**

16 Sep, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **BASE CHAMPIONSHIP GOLF TOURNAMENT – PARADISE POINT GOLF COURSE**

**18-20 Sep**

Entry fee is \$25.00 and does not include green fee or cart. Sunday lunch is included.

All participants must have handicap to enter as this tournament will be flighted by handicap.

POC: 451-5445

## **2009 GRAND PRIX THE ULTIMATE FITNESS CHALLENGE**

Regardless of your athletic background or your competitive desires, the Marine Corps Grand Prix Series offers an event for you. Begin planning your race strategy now, as you accept our challenge to gain “ultimate athlete status!”

19 Sep                      Cherry Point Duathlon, Cherry Point, NC  
26 Sep                      Marine Corps Half Marathon, Camp Devil Dog  
10 Oct                      Beirut memorial 10K, Camp Johnson  
17 Oct                      Neuse river 5K/10K, New Bern  
14 Nov                      Great Mullet Run, Swansboro  
23 Nov                      Hampstead Turkey Trot  
December Awards Ceremony

Register online at [active.com](http://active.com)

POC: Grand Prix Series Coordinator, Mike Marion (910) 451-0092, FAX (910) 451-5841, or E-mail: [marionmj@usmc-mccs.org](mailto:marionmj@usmc-mccs.org). For hotel/motel accommodations contact: Onslow County Tourism (910) 455-1113 or 1-800-932-2144

## **SEMPER FIT HEALTH PROMOTION**

### **SACO's Prevention Plan/Measures of Effectiveness**

22 Sep, Bldg. 302 • 1300-1500

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **SEMPER FIT HEALTH PROMOTION**

### **Urinalysis Coordinators' Course**

28 Sep, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a “train the trainer” instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **OCTOBER 2009**

## **SEMPER FIT HEALTH PROMOTION**

### **BASIC Training**

2 -5 Oct, Bldg. 302 • 0830-1030

This can be offered at the unit or in our classroom. BASIC is a Headquarters Marine Corps developed program on the AIRS Checklist (#009). The BASIC training is two 120-minute sessions for NCOs. This can be broken up to fit your unit's schedule. The program is train the trainer/mentoring driven-NCOs training the junior troops on how to drink responsibly.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Urinalysis Coordinators' Course**

5 Oct, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a “train the trainer” instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **Nutrition Education**

6 Oct at Bldg. 302, Holcomb Blvd. • 0830-1230

This course is designed for Marines, Sailors, Coast Guardsmen, Retirees, or civilian employees, and all authorized patrons who would like to know more about nutrition for their own goals.

These 4-hour workshops include topics on carbohydrates, protein, fat, sports nutrition, body composition changes, healthy eating, healthy weight loss/gain/maintenance, hydration, the risks of being obese, and supplements.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Taking Control of Your Finances**

7 Oct, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan.

Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **2009 LIBERTY FUN RUN SERIES – Columbus Day**

8 Oct, 1130

Event is free. All events start at 1130, Corner of Ash St. and Holcomb Blvd.

Register and sign waiver on the day of the event.

POC: 910-451-0092 or 5430 or [mccslejeune.com/libertyruns.html](http://mccslejeune.com/libertyruns.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Stress Management**

8 & 15 Oct, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Anger Management**

9 & 16 Oct, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **2009 GRAND PRIX THE ULTIMATE FITNESS CHALLENGE**

Regardless of your athletic background or your competitive desires, the Marine Corps Grand Prix Series offers an event for you. Begin planning your race strategy now, as you accept our challenge to gain "ultimate athlete status!"

10 Oct Beirut memorial 10K, Camp Johnson  
17 Oct Neuse river 5K/10K, New Bern  
14 Nov Great Mullet Run, Swansboro  
23 Nov Hampstead Turkey Trot  
December Awards Ceremony

Register online at [active.com](http://active.com)

POC: Grand Prix Series Coordinator, Mike Marion (910) 451-0092, FAX (910) 451-5841, or E-mail: [marionmj@usmc-mccs.org](mailto:marionmj@usmc-mccs.org). For hotel/motel accommodations contact: Onslow County Tourism (910) 455-1113 or 1-800-932-2144

## **SEMPER FIT HEALTH PROMOTION**

### **Early Signs of Drug Use Among Teens**

13 Oct, Bldg. 302 • 0900-1100

Class Description: 2 hours

This is a monthly workshop designed to educate military members in leadership positions as well as parents about the early signs of drug use among generation X and Y. Participants will learn to identify current trends and non-verbal behavior expressed among potential and current drug users. Updated statistical data will be presented to show the times of the day, days of the week, and locations in this community where drug use is most prevalent.

POC: 910-451-2865 or [www.mccslejeune.com/health](http://www.mccslejeune.com/health)

## **SEMPER FIT HEALTH PROMOTION**

### **SACO's Prevention Plan/Measures of Effectiveness**

13 Oct, Bldg. 302 • 1300-1500

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **SEMPER FIT HEALTH PROMOTION**

### **Alcohol Abuse Prevention**

14 Oct, 0830-1130 • Bldg. 302

This interactive program is designed to assist individuals with developing the knowledge and skills to make healthier lifestyle decisions pertaining to alcohol abuse and binge drinking. Topics include: drinking and driving, binge drinking, alcohol's effects on the body, its effects on family and social life. It also offers tips for responsible drinking and recreation activities not involving alcohol. This program serves as unit level education in support of the first phase of the Marine Corps Substance Abuse Program (MCO P1700.24B).

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Taking Control of Your Finances**

14 Oct, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **SCRAMBLE – PARADISE POINT GOLF COURSE**

**Sat, 17 Oct**

Entry fee is \$10.00 and does not include cart or green fee. All participants must have handicap.

Show time 0630-0730, cut off 0730, tee off 0800.

POC: 451-5445

## **PHYSICAL TRAINING COORDINATORS' COURSE (PTCC)**

### **Training the Trainer!**

19-23 Oct, Bldg. 302 • 0830-1500

Course includes lectures pertaining to hands on training and workouts. Topics covered include:

- Components of Physical Fitness
- Basic Nutrition
- Human Anatomy & Movement
- Five Components of Fitness
- Exercise Prescription
- Flexibility
- Circuit Training
- Swimming Programs
- Injury Prevention
- Periodization
- General Nutrition/Nutrition for Weight Management
- Developing Effective Running Programs
- Sports Nutrition
- Foot Typing & Shoe Selection
- Safety in the Weight Room
- Functional Training
- Group Assessment Testing
- Running Programs
- Pulling It All Together & Goals

Introducing Command Functional Training (CFT) Circuit. Learn techniques to enhance your time on the CFT & PFT.

POC: 910-451-0470 or contact Tina Brooks at [brookstm@usmc-mccs.org](mailto:brookstm@usmc-mccs.org)

## **RELOCATION ASSISTANCE PROGRAM – CONUS PCS WORKSHOP**

**22 Oct • 0900-1200**

MCCS Relocation Assistance Program Classroom (Bldg 40) • Russell Marine & Family Service Building

The PCS Move Workshop is free and is designed to assist military and family members when performing a PCS move within the United States. Topics covered include: pay and entitlements, TMO, travel tips, moving with pets, housing information, Military OneSource, SITES, loan locker and accessing services at the new duty station. *Please call for registration.*

POC Info: (910) 449-9704 or 910-451-1055

### **Open Mic Poetry Night**

Tue, 22 Oct • 1830-2030

Harriotte B. Smith Library

Creativity welcome here! Come and share your own work, favorite verses, poetry and meet other local poets. Open to adults age 18 and older. *Co-sponsored by Camp Lejeune Libraries and Onslow Co. Public Library.* Call 451-3026 for more information or go to [www.mccslejeune.com/libraries](http://www.mccslejeune.com/libraries).

## **FAMILY FUN RUNS – Fruit Walk and Run**

Tarawa Terrace Community Center Picnic Area

24 Oct, 0900

Register day of Walk/Run. Sign waiver and get a number. Open to all authorized patrons and their families

POC: 910-450-1687

## **PERSONAL FINANCIAL MANAGEMENT**

### **Command Financial Specialist**

26-30 Oct, Bldg. 302 • 0830-1630 (5 Days)

This course is designed to train SNCO's and Company Grade Officers on how to develop a Personal Financial Management (PFM) training program at the unit level. Topics to be covered include budgeting, cash flow management, establishing/managing credit, debt reduction, consumer rights, risk management (insurance) and more. Participants will receive financial software designed to assist them in their unit training and counseling needs.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **PARADISE POINT GOLF COURSE – MARINE CORPS SCHOLARSHIP FOUNDATION TOURNAMENT**

**31 Oct – 1 Nov**

Play one round at Paradise Point Golf Course and one round at Cherry Point. Handicap required. Please call for more details.

POC: 451-5445

## **NOVEMBER 2009**

### **SEMPER FIT HEALTH PROMOTION**

#### **Urinalysis Coordinators' Course**

2 & 23 Nov, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a "train the trainer" instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **Nutrition Education**

3 Nov at Bldg. 302, Holcomb Blvd. • 0830-1230

This course is designed for Marines, Sailors, Coast Guardsmen, Retirees, or civilian employees, and all authorized patrons who would like to know more about nutrition for their own goals.

These 4-hour workshops include topics on carbohydrates, protein, fat, sports nutrition, body composition changes, healthy eating, healthy weight loss/gain/maintenance, hydration, the risks of being obese, and supplements.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **SEMPER FIT HEALTH PROMOTION**

#### **Improving Self-Esteem**

4 Nov, Bldg. 302 • 0830-1130

A quarterly workshop where participants learn what it means to have low self-esteem and why it's important to improve on it. Participants focus on recognizing how self-esteem affects them personally and professionally and changes that can be made to produce increased levels of self-esteem.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Taking Control of Your Finances**

4 Nov, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **Dietitian on Deck**

4 Nov at French Creek Fit. Ctr. • 1100-1300

Amber DeVore, R.D., L.D.N, will be on-deck answering questions about nutrition, providing written information, and giving suggestions on how to best fuel your body to achieve your desired fitness goals! Each month the Dietitian visits a different fitness centers around Camp Lejeune for an informal question and answer session. Open to all authorized patrons.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **2009 LIBERTY FUN RUN SERIES – Veterans' Day/USMC Birthday Ball**

5 Nov, 1130

Event is free. All events start at 1130, Corner of Ash St. and Holcomb Blvd.

Register and sign waiver on the day of the event.

POC: 910-451-0092 or 5430 or [mccslejeune.com/libertyruns.html](http://mccslejeune.com/libertyruns.html)

### **RELOCATION ASSISTANCE PROGRAM – ABCs OF HOME BUYING & SELLING**

5 Nov • 1800-2100

MCCS Relocation Assistance Program Classroom (Bldg 40) • Russell Marine & Family Service Building

POC Info: (910) 449-9704 or 910-451-1055

### **SEMPER FIT HEALTH PROMOTION**

#### **Stress Management**

5 & 19 Nov, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Anger Management**

6 & 20 Nov, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **FAMILY FUN RUNS – Marine Corps Mini-Marathon, 2.62 miles**

Tarawa Terrace Community Center Picnic Area

7 Nov, 0900

Register day of Walk/Run. Sign waiver and get a number. Open to all authorized patrons and their families

POC: 910-450-1687

### **20<sup>th</sup> Annual Gottschalk Marina Team Bass Tournament**

7 Nov Fall Fun



Two-person teams fish for Largemouth Bass on the New River and its tributaries. The average prize amount is \$2,500 based on 50 boats. Guaranteed \$1,000 cash prize per tournament. Trophies and cash prizes are awarded for first three places. Sponsor giveaway by drawings, and food and soft drinks provided at weigh-in. ACTIVE DUTY TEAMS MAY PARTICIPATE THROUGH THE USAGE OF UNIT FUNDS WITH PERMISSION OF THE UNIT'S SPECIAL SERVICES OFFICER. This event is open to the public.

Tournaments begin at 0600 (or safe light) and end at 1600. \$70 per team, \$15 late fee (day of event.) Sponsored by B&L One Stop Tackle, Sports Trophies Plus, Andy's, and Subway. No federal or USMC endorsement implied.

POC: Cameron Brooks (910) 451-8307

### **FOOD DRIVE GOLF SCRAMBLE – PARADISE POINT GOLF COURSE Sat, 14 Nov**

Entry fee is \$10.00 plus a few canned goods and does not include cart or green fee. All participants must have handicap.

Show time 0630-0730, cut off 0730, tee off 0800.

POC: 451-5445

### **SEMPER FIT HEALTH PROMOTION**

#### **BASIC Training**

13-16 Nov, Bldg. 302 • 0830-1030

This can be offered at the unit or in our classroom. BASIC is a Headquarters Marine Corps developed program on the AIRS Checklist (#009). The BASIC training is two 120-minute sessions for NCOs. This can be broken up to fit your unit's schedule. The program is train the trainer/mentoring driven-NCOs training the junior troops on how to drink responsibly.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **2009 GRAND PRIX THE ULTIMATE FITNESS CHALLENGE**

Regardless of your athletic background or your competitive desires, the Marine Corps Grand Prix Series offers an event for you. Begin planning your race strategy now, as you accept our challenge to gain "ultimate athlete status!"

14 Nov Great Mullet Run, Swansboro

23 Nov Hampstead Turkey Trot

December Awards Ceremony

Register online at [active.com](http://active.com)

POC: Grand Prix Series Coordinator, Mike Marion (910) 451-0092, FAX (910) 451-5841, or E-mail: [marionmj@usmc-mccs.org](mailto:marionmj@usmc-mccs.org). For hotel/motel accommodations contact: Onslow County Tourism (910) 455-1113 or 1-800-932-2144

### **SEMPER FIT HEALTH PROMOTION**

#### **Early Signs of Drug Use Among Teens**

17 Nov, Bldg. 302 • 0900-1100

Class Description: 2 hours

This is a monthly workshop designed to educate military members in leadership positions as well as parents about the early signs of drug use among generation X and Y. Participants will learn to identify current trends and non-verbal behavior expressed among potential and current drug users. Updated statistical data will be presented to show the times of the day, days of the week, and locations in this community where drug use is most prevalent.

POC: 910-451-2865 or [www.mccslejeune.com/health](http://www.mccslejeune.com/health)

## **SEMPER FIT HEALTH PROMOTION**

### **Healthy Communication in Relationship**

18 Nov, Bldg. 302 • 0830-1130

Class Description: 3 hours

A quarterly workshop where participants learn the ingredients of building a healthy relationship and the key to effective communication, whether on a personal or professional basis.

POC: 910-451-2865 or [www.mccslejeune.com/health](http://www.mccslejeune.com/health)

## **RELOCATION ASSISTANCE PROGRAM – PCS OVERSEAS WORKSHOP**

**18 Nov • 0900-1200**

Russell Marine & Family Services Bldg. 40

The PCS Move Workshop is free and is designed to assist military and family members when performing a PCS move within the United States. Topics covered include: pay and entitlements, TMO, travel tips, moving with pets, housing information, Military OneSource, SITES, loan locker and culture aspects.

Call for registration. FREE to all ID card holders.

POC Info: (910) 449-9704 or 910-451-1055

## **PERSONAL FINANCIAL MANAGEMENT**

### **Car Buying – Getting a Fair Deal**

18 Nov, Bldg. 302 • 1300-1630

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **2009 LIBERTY FUN RUN SERIES – Turkey Trot**

19 Nov, 1130

Event is free. All events start at 1130, Corner of Ash St. and Holcomb Blvd.

Register and sign waiver on the day of the event.

POC: 910-451-0092 or 5430 or [mccslejeune.com/libertyruns.html](http://mccslejeune.com/libertyruns.html)

## **SEMPER FIT HEALTH PROMOTION**

### **SACO's Prevention Plan/Measures of Effectiveness**

24 Nov, Bldg. 302 • 1300-1500

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **SEMPER FIT HEALTH PROMOTION**

### **Alcohol Abuse Prevention**

25 Nov, 0830-1130 • Bldg. 302

This interactive program is designed to assist individuals with developing the knowledge and skills to make healthier lifestyle decisions pertaining to alcohol abuse and binge drinking. Topics include: drinking and driving, binge drinking, alcohol's effects on the body, its effects on family and social life. It also offers tips for responsible drinking and recreation activities not involving alcohol. This program serves as unit level education in support of the first phase of the Marine Corps Substance Abuse Program (MCO P1700.24B).

POC: 910-451-2865 or [www.mccslejeune.com/health](http://www.mccslejeune.com/health)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Taking Control of Your Finances**

25 Nov, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan.

Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **DECEMBER 2009**

### **Nutrition Education**

1 Dec at Bldg. 302, Holcomb Blvd. • 0830-1230

This course is designed for Marines, Sailors, Coast Guardsmen, Retirees, or civilian employees, and all authorized patrons who would like to know more about nutrition for their own goals.

These 4-hour workshops include topics on carbohydrates, protein, fat, sports nutrition, body composition changes, healthy eating, healthy weight loss/gain/maintenance, hydration, the risks of being obese, and supplements.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **PERSONAL FINANCIAL MANAGEMENT**

#### **Taking Control of Your Finances**

2 Dec, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan.

Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Stress Management**

3 & 17 Dec, Bldg. 302 • 0830-1500

Participants will learn to identify stress symptoms and what stressors may be involved, and learn a variety of techniques to manage daily stress. Participants will take a more in-depth look at relaxation techniques and uses. Participants will leave with their own individual relaxation tools.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Anger Management**

4 & 18 Dec, Bldg. 302 • 0830-1600

Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with anger. They will learn what conflict is, where it comes from, and how to focus on ways to resolve conflict without letting anger take control.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **SEMPER FIT HEALTH PROMOTION**

#### **Unit Substance Abuse**

7-9 Dec, Bldg. 302 • 0800-1600

This management training session for newly appointed Substance Abuse Control Officers (SACO) and Substance Abuse Control Specialists. Through this curriculum SACOs and SACS are trained as mandated by MCO P1700.24B on the disciplines of their duties. As a result the requisite supervisory unit level substance abuse education, needs assessment and unit annual prevention planning can be developed. The uniqueness of the curriculum is that it is simple and user-friendly enough to address various audiences and yet, it is comprehensive in its content.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Early Signs of Drug Use Among Teens**

8 Dec, Bldg. 302 • 0900-1100

This is a monthly workshop designed to educate military members in leadership positions as well as parents about the early signs of drug use among generation X and Y. Participants will learn to identify current trends and non-verbal behavior expressed among potential and current drug users. Updated statistical data will be presented to show the times of the day, days of the week, and locations in this community where drug use is most prevalent.

POC: 910-451-2865 or [www.mccslejeune.com/health](http://www.mccslejeune.com/health)

### **RELOCATION ASSISTANCE PROGRAM – CONUS PCS WORKSHOP**

**10 Dec • 0900-1200**

MCCS Relocation Assistance Program Classroom (Bldg 40) • Russell Marine & Family Service Building

The PCS Move Workshop is free and is designed to assist military and family members when performing a PCS move within the United States. Topics covered include: pay and entitlements, TMO, travel tips, moving with pets, housing information, Military OneSource, SITES, loan locker and accessing services at the new duty station. *Please call for registration.*

POC Info: (910) 449-9704 or 910-451-1055

### **TOYS FOR TOTS GOLF TOURNAMENT – PARADISE POINT GOLF COURSE Sat, 12 Dec**

Entry fee is \$10.00 plus a new unwrapped toy to be donated to Toys for Tots. Entry fee and does not include cart or green fee. All participants must have handicap.

Show time 0630-0730, cut off 0730, tee off 0800.

POC: 451-5445

### **SEMPER FIT HEALTH PROMOTION**

#### **BASIC Training**

11-14 Dec, Bldg. 302 • 0830-1030

This can be offered at the unit or in our classroom. BASIC is a Headquarters Marine Corps developed program on the AIRS Checklist (#009). The BASIC training is two 120-minute sessions for NCOs. This can be broken up to fit your unit's schedule. The program is train the trainer/mentoring driven-NCOs training the junior troops on how to drink responsibly.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

### **SEMPER FIT HEALTH PROMOTION**

#### **Urinalysis Coordinators' Course**

14 & 21 Dec, Bldg. 302 • 1300-1600

This workshop is provided to Unit Substance Abuse Program Representatives as a "train the trainer" instruction, and also available to potential Unit Substance Abuse Control Officers, Substance Abuse Control Specialists, Drug and Alcohol Program Advisors, Observers, and Administrative Assistants. Course materials are provided and mandatory testing is required for certification.

POC: 910-451-2865 or [mccslejeune.com/health/index.html](http://mccslejeune.com/health/index.html)

## **SEMPER FIT HEALTH PROMOTION**

### **SACO's Prevention Plan/Measures of Effectiveness**

15 Dec, Bldg. 302 • 1300-1500

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

### **Dietitian on Deck**

16 Dec at Area 2 Fitness Ctr. • 1100-1300

Amber DeVore, R.D., L.D.N, will be on-deck answering questions about nutrition, providing written information, and giving suggestions on how to best fuel your body to achieve your desired fitness goals! Each month the Dietitian visits a different fitness centers around Camp Lejeune for an informal question and answer session. Open to all authorized patrons.

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Car Buying – Getting a Fair Deal**

16 Dec, Bldg. 302 • 1300-1630

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)

## **2009 LIBERTY FUN RUN SERIES – Jingle Bell Run**

17 Dec, 1130

Event is free. All events start at 1130, Corner of Ash St. and Holcomb Blvd.

Register and sign waiver on the day of the event.

POC: 910-451-0092 or 5430 or [mccslejeune.com/libertyruns.html](http://mccslejeune.com/libertyruns.html)

## **SEMPER FIT HEALTH PROMOTION**

### **Alcohol Abuse Prevention**

23 Dec, 0830-1130 • Bldg. 302

This interactive program is designed to assist individuals with developing the knowledge and skills to make healthier lifestyle decisions pertaining to alcohol abuse and binge drinking. Topics include: drinking and driving, binge drinking, alcohol's effects on the body, its effects on family and social life. It also offers tips for responsible drinking and recreation activities not involving alcohol. This program serves as unit level education in support of the first phase of the Marine Corps Substance Abuse Program (MCO P1700.24B).

POC: 910-451-2865 or [mccslejeune.com/health](http://mccslejeune.com/health)

## **PERSONAL FINANCIAL MANAGEMENT**

### **Taking Control of Your Finances**

23 Dec, Bldg. 302 • 1300-1630

An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

POC: 910-451-2865 or [www.mccslejeune.com/health/healthfinance.html](http://www.mccslejeune.com/health/healthfinance.html)